

## **STRUCTURE / FUNCTION CLAIMS**

### **NUTRIENT: Melatonin**

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BY: LRB

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#### **PRODUCT:**

**NUTRIENT AMOUNT:** 1.1 mg melatonin per tablet

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#### **STRUCTURE/FUNCTION CLAIM:**

Melatonin has the following functions:

- Normalizes sleep patterns
  - Normalizes day/night rhythms
  - Antioxidant activity
  - Protects immune system from stress
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#### **REFERENCES:**

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2. Morrey KM, McLachlan JA, Bakouche O. Activation of human monocytes by the pineal hormone melatonin. *J Immunol* 1994; 153: 2671-80.
3. Maestroni GJ, Conti A, Pierpaoli W. Pineal melatonin, its fundamental immunoregulatory role in aging and cancer. *Ann NY Acad Sci* 1988; 521:140-8.
4. Maestroni GJ. The immunoneuroendocrine role of melatonin. *J Pineal Res* 1993; 14:1-10.
5. Dawson D, Encel N. Melatonin and sleep in humans. *J Pineal Res* 1993; 15:1-12.
6. Arendt J, et al. Alleviation of jet lag by melatonin: preliminary results of a controlled double blind study. *Br Med J* 1986; 292:1170.

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